

³ 70. The method of claim ¹ 25, wherein one serving of the supplement further provides about 1.5 grams of fat.

⁴ 71. The method of claim ¹ 25, wherein said protein comprises whey protein.

⁵ 72. The method of claim ¹ 25, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

⁶ 73. The method of claim ⁵ 72, wherein one serving of the supplement is administered immediately following an exercise period.

⁷ 74. The method of claim ¹ 25, wherein the supplement is a powder.

⁸ 75. The method of claim ⁷ 74, wherein the powder is mixed with water for administration as a liquid.

⁹ 76. The method of claim ¹ 25, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

¹⁰ 77. The method of claim ¹ 25, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

¹¹ 78. The method of claim ¹⁰ 77, wherein the compound is selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

¹² 79. A method for supplementing the diet of a human comprising administering immediately after an exercise period about 28 grams of a dietary supplement comprising an effective amount of L-arginine, about 20 grams of protein, about 3 grams of carbohydrate and an effective amount of at least one substance which increases nitric oxide production in the body selected from the group consisting of glycosidal saponins, ginseng, N-acetyl cysteine, glucomannan, and folic acid.

¹³ 80. The method of claim ¹² 79, wherein said protein comprises whey protein.

14 ¹² 81. The method of claim 79, the supplement is administered more than once daily.

15 ¹⁴ 82. The method of claim 81, wherein one serving of the supplement is administered immediately following an exercise period.

16 ¹² 83. The method of claim 79, wherein the supplement is a powder.

17 ¹⁶ 84. The method of claim 83, wherein the powder is mixed with water for administration as a liquid.

18 ¹² 85. The method of claim 79, wherein the supplement further comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine, and acetyl-L-carnitine.

19 ¹² 86. The method of claim 79, wherein the supplement further comprises a compound which mimics or enhances insulin activity.

20 ¹⁹ 87. The method of claim 86, wherein the compound is selected from the group consisting of N-acetyl cysteine, myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol, and d-pinitol.

REMARKS

Applicants thank the Examiner for taking the time for the interview of June 23, 2003 and for his suggestions.

Claims 25, 27-29, 31-34, 36-38, 40-43, 45-47, 49-57 and 65-67 are currently pending. Claims 25, 27-29, 31-34, 36-38, 40-43, 45-47, 49-57 and 65-67 have been rejected. Claim 25 has been amended. Claims 27-29, 31-34, 36-38, 40-43, 45-47, 49-57 and 65-67 have been canceled without prejudice. New claims 69-87 has been added.

Claims 25 and 69-87 are hereby submitted for review and consideration.